

# Health Monitor GMON

„INDICATE health risks – RATE professionally – REACT prophylactically“

## Register Calipometrie

### Application

Through Calipometrie the thickness of certain skin folds is measured to define the body-fat percentage.

Especially for the people who cannot make the classic body-fat analysis because of different pre-existing illness, the Calipometrie is an advantage.

**INPUTS**

Measure kind: 3-folds formula by Jackson/Pollock

Location	1.Value	2.Value	3.Value
Triceps fold (1)	23,5	23,2	24,0
Waist fold (2)	35,0	34,8	35,2
Hip fold (3)	23,4	24,4	24,6

Date: 13.08.2013 10:42

Body Fat [%]: 31,6  
Body Fat [kg]: 17,6  
Fat Free Mass/FFM [kg]: 36,1

**ANALYSIS**

Body Fat Analysis [%]

Value: 31,6% (18,4kg)

Legend: Value 31,6% (Decreased), Good, Increased, Obesity

**INPUTS**

Measure kind: 7-folds formula by Jackson/Pollock

Location	1.Value	2.Value	3.Value
Biceps fold (1)	23,0	23,5	22,5
Shoulder plate (2)	21,0	22,0	21,5
Armpit (3)	18,0	17,0	16,0
Triceps fold (4)	23,0	23,0	23,5
Waist fold (5)	33,0	34,0	34,0
Hip fold (6)	23,0	22,0	23,0
Thigh (7)	33,0	33,0	33,0

Date: 27.08.2013 09:56

Body Fat [%]: 31,1  
Body Fat [kg]: 17,3  
Fat Free Mass/FFM [kg]: 36,4

**ANALYSIS**

Body Fat Analysis [%]

Value: 31,1% (18,4kg)

Legend: Value 31,1% (Decreased), Good, Increased, Obesity

**RISK TREE**

- Health risk
  - Body Composition
    - Body Fat
    - Body Water
    - Muscle Mass
    - Visceral Fat
  - Vital Values
    - Blood Pressure
      - Systolic BP
      - Diastolic BP
      - MAP
    - Pulse
  - Fitness State

**INPUTS**

Measure kind: 4-folds formula by Forsyth/Sinning

Location	1.Value	2.Value	3.Value
Waist fold (1)	36,0	37,5	37,2
Triceps fold (2)	23,5	24,3	24,5
Shoulder plate (3)	22,0	22,0	22,3
Armpit (4)	18,5	18,9	18,6

Date: 27.08.2013 09:56

Body Fat [%]: 39,0  
Body Fat [kg]: 21,7  
Fat Free Mass/FFM [kg]: 34,0

**ANALYSIS**

Body Fat Analysis [%]

Value: 39,0% (21,7kg)

Legend: Value 39,0% (Increased), Good, Increased, Obesity

The measure is made with a Caliper tong. It can be chosen between a 3-folds-, 4-folds- or 7-folds-method.

To compensate the small but in practice unavoidable deviations it is recommended to carry out the measure three times.

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**Follow-Up**

Anne Mustermann (female 25 Years) Period from 01.07.2013 to 13.08.2013

Date	Fat Range
30.07.2013	32,1 %
06.08.2013	31,7 %
13.08.2013	31,6 %

Change: -0,6 %

Date	Fat Range
30.07.2013	17,9 kg
06.08.2013	17,7 kg
13.08.2013	17,6 kg

Change: -0,3 kg

Advice: The trendanalysis in terms of Goal Values does not allow an evaluation of current state in general!

### Result - Evaluation

With the averaged data the body-fat percentage can be calculated. This calculation is made age- and gender-specific.